

TRIMION AFRICA™

Final Form Maintenance™

Maintenance calories, sustainable routines, travel discipline and identity protection.

Maintenance Calories

- After a fat-loss phase, slowly increase food instead of losing control.
- Track body weight averages while increasing calories gradually.
- Keep protein consistent.
- Maintain steps and training structure.
- Use maintenance as a lifestyle phase, not a break from standards.

Sustainable Routine

- 3-5 training sessions weekly depending on lifestyle.
- Daily steps remain a baseline.
- 80 percent structured eating, 20 percent flexible control.
- Sleep and recovery are treated as part of the physique.
- Routine must fit real life.

Travel Discipline

- Choose protein-first meals while travelling.
- Use hotel gyms or bodyweight workouts.
- Walk daily.
- Keep hydration high during flights and long drives.
- Avoid all-or-nothing thinking.

Long-Term Balance

- Enjoy social meals without losing the whole week.
- Do not build a body you can only maintain by suffering.
- Keep standards high but flexible enough to last.
- Consistency over years beats intensity for weeks.

Identity Protection

- Do not return to environments that created the old version.

- Protect your routine from people who mock discipline.
- Use progress photos as evidence.
- Keep a personal standard even when nobody is watching.

Brand	TRIMION AFRICA™
Framework	Premium Final Form Systems™
Document	Final Form Maintenance™
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Fine Print: This document is for general wellness, lifestyle, discipline and educational purposes only. It is not medical advice, diagnosis, treatment, or a substitute for qualified medical, nutritional, psychological or fitness guidance. Results vary based on consistency, health status, nutrition, sleep, training, recovery and individual response. Use professional guidance where required and avoid any exercise, fasting routine or supplement approach that is unsuitable for your health profile.